



COUNTRY HEAT

with local instructor Jodi Veneziano

Session # 3 Schedule

6:30 to 7:30 p.m.

Tuesday, May 2 @ HMS

Tuesday, May 9 @ HMS

Tuesday, May 16 @ HMS

Tuesday, May 23 @ HMS

Tuesday, May 30 @ HMS

Tuesday, June 6 @ HMS

*Are you ready to torch calories
while dancing to hot country songs with line dance-inspired moves?
If so, you need to join the Hermon Rec Fit Club - Country Heat (Fitness Session # 3)!*

**Session # 3
Participation Fee:
\$36.00**

Resident & Non-Resident

**Drop-ins are always welcome!
\$7.00 fee per class**



Register online at www.hermon.net
or call the Rec Office at 848-4075

Major Sponsor:

Danforth's
Down Home Supermarket

What do you need?

Comfortable shoes, a mat for the 10 minutes of strength training at the end of our line dancing session, water and a towel!